

POOL SCHEDULE SUMMER 2025 (JUNE 9 - AUGUST 24)

		MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY						
Lanes->		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
5:00-5:30								MDY Sharks						MDY Sharks						MDY Sharks																		5:00-5:30						
5:30-6:00																																						5:30-6:00						
6:00-6:30																																						6:00-6:30						
6:30-7:00																																						6:30-7:00						
7:00-7:30																																						7:00-7:30						
7:30-8:00		U.S. Navy						MDY Sharks						MDY Sharks												Lessons												7:30-8:00						
8:00-8:30																																						8:00-8:30						
8:30-9:00																																						8:30-9:00						
9:00-9:30																																						9:00-9:30						
9:30-10:00																																						9:30-10:00						
10:00-10:30		Lessons						Camp						U.S. Navy						Camp						Lessons						Lessons						10:00-10:30						
10:30-11:00																																						10:30-11:00						
11:00-11:30																																						11:00-11:30						
11:30-12:00																																						11:30-12:00						
12:00-12:30																																						12:00-12:30						
12:30-1:00		Lessons						Lessons						Camp						Lessons						Camp						Lessons						12:30-1:00						
1:00-1:30																																						1:00-1:30						
1:30-2:00																																						1:30-2:00						
2:00-2:30																																						2:00-2:30						
2:30-3:00																																						2:30-3:00						
3:00-3:30		Lessons						Lessons						Camp						Youth Lap Swim (12-15yo)						Family Swim						Pool Party						3:00-3:30						
3:30-4:00																																						3:30-4:00						
4:00-4:30																																						4:00-4:30						
4:30-5:00																																						4:30-5:00						
5:00-5:30																																						5:00-5:30						
5:30-6:00		Lessons						Lessons						Lessons						Lessons						Family Swim						Family Swim						5:30-6:00						
6:00-6:30																																						6:00-6:30						
6:30-7:00																																						6:30-7:00						
7:00-7:30																																						7:00-7:30						
7:30-8:00																																						7:30-8:00						
8:00-8:30		Aqua Zumba																														Pool Party						8:00-8:30						
8:30-9:00																																						8:30-9:00						
9:00-9:30pm																																						9:00-9:30pm						
Lanes->		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
Schedule subject to change																																												

Grey Areas are Adult Lap Swim

For teens and adult members, 16 yrs and older, who are continuously swimming laps.

Youth Lane: For teens, 13 years and older who are continuously swimming laps.

Family Swim - Children 10 yrs and younger and non-swimmers wearing life vests must have an adult, 18 yrs or older, in the water within arm's reach at all times. Children 9-12 years old must be accompanied by an adult in the pool area (viewing deck). Anyone 17 and younger will be swim tested in order to enter the deep end.

* For any activities in the pool must be reserved on our "My Wellness" app or the kiosk in our Wellness center*